

Live the Life

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karen Kennedy (SCO) - June 2013
音樂: Live the Life - Rod Stewart : (Album: Time - Deluxe Version)



Intro:- 16 count – Start on the word “ EMAIL”

POINT SIDE, FRONT, SIDE, BEHIND, RIGHT GRAPEVINE

- 1 -2 Point right toe to right side, point right toe in front of left
- 3 -4 Point right toe to right side, point right toe behind left heel
- 5 -6 Step right to right side, cross left behind right
- 7 -8 Step right to right side, touch left beside right

LEFT ROLLING GRAPEVINE, TOUCH, RIGHT ROCKING CHAIR

- 1 -2 ¼ turn left stepping forward on left(9.00), ½ turn left stepping back on right (3.00)
- 3 -4 ¼ turn left stepping left to left side, touch right beside left (12.00)
- 5 -6 Rock forward on right, recover on left
- 7 -8 Rock back on right, recover on left

¼ RIGHT JAZZBOX CROSS, POINT SIDE, CROSS, POINT SIDE, BEHIND

- 1 -2 Cross right over left, step back on left
- 3 -4 ¼ turn right stepping right to right side, cross left over right (3.00)
- 5 -6 Point right to right side, step right foot forward in front of left
- 7 -8 Point left to left side, step left foot back behind right

POINT BACK, ½ REVERSE, ½ PIVOT, STEP, FULL TURN, STEP

- 1 -2 Point right toe back, unwind ½ right stepping onto right foot (9.00)
- 3 -4 Step forward on left, pivot ½ turn right (3.00)
- 5 -6 Step forward on left, ½ turn left stepping back on right (9.00)
- 7 -8 Turn ½ left stepping forward on left, step forward on right (3.00)

* Add tag here during wall 3

LEFT ROCKING CHAIR, ¼ PIVOT CROSS, SIDE,

- 1 -2 Rock forward on left, recover on right
- 3 -4 Rock back on left, recover on right (3.00)
- 5 -6 Step forward on left, ¼ pivot right (6.00)
- 7 -8 Cross left over right, step right to right side

BEHIND, ¼ TURN, ¼ PIVOT, CROSS, POINT, CROSS, POINT

- 1 -2 Cross left behind right, ¼ turn right stepping forward on right (9.00)
- 3 -4 Step forward on left, ¼ pivot right (12.00)
- 5 -6 Cross step left over right, point right to right side,
- 7 -8 Cross step right over left, point left to left side (12.00)

STEP BACK, ½ REVERSE, ½ PIVOT, STEP, FULL TURN, STEP

- 1 -2 Step left foot back , ½ reverse turn right stepping on right (6.00)
- 3 -4 Step forward on left, pivot ½ turn right (12.00)
- 5 -6 Step forward on left, ½ turn left stepping back on right (6.00)
- 7 -8 ½ turn left stepping forward on left* (Restart), step forward on right (12.00)

* Restart wall 6, dance count 7 & start again.

LEFT ROCKING CHAIR, CROSS, BACK, ¼ TURN, DRAG

- 1 -2 Rock forward on left, recover on right

- 3 -4 Rock back on left, recover on right
5 -6 Cross left over right, step back on right
7 -8 Take long step with $\frac{1}{4}$ turn left stepping left to left side, drag right beside left

START AGAIN

TAG:- During wall 3 dance the first 32 counts and add the following 4 count Tag to take you to the opposite side wall to Restart the dance at wall 4.

ROCK FORWARD, RECOVER, REVERSE $\frac{1}{2}$ TURN, TOUCH

- 1 -2 Rock forward on left, recover on right
3 -4 $\frac{1}{2}$ reverse turn left stepping forward on left, touch right in place

RESTART:- During wall 6 a restart comes in during section 7 of the dance. Dance to count 7 and then Restart the dance from the beginning.

On count 7 you finish with the weight on the left foot which allows you to Restart the dance with the right foot going to the side.

Note:-

Wall 6 and wall 7 both start facing the same side wall due to the Restart during wall 6.

Tag takes you to the side wall which keeps the dance as four walls.

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